



# The Manual of Bean Curd Boxing: Tai Chi and the Noble Art of Leaving Things Undone

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## **The Manual of Bean Curd Boxing: Tai Chi and the Noble Art of Leaving Things Undone** Paul Read

The Manual of Bean Curd Boxing is a book that introduces us to a new perspective on Tai Chi and 21st Century Living. Step by Slow Step, this manual shows:

- How to reach out and grasp life with more energy, with more passion and with more wisdom.
- How to absorb the simple lessons of Taoism and Tai Chi into your daily activities with no sweat and no stress.
- How to learn to get out of our own way, so that life can pursue its natural course
- How to remain tranquil and calm under the stress of daily life and yet stay intensively connected to the world around.

If you are a beginner to Tai Chi and Taoism, and new to these ancient disciplines or an Intermediate student looking for a new approach to your practise, The Manual of Bean curd Boxing will aid you in this ancient yet contemporary art of doing, without doing.

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